

Playing Focus Examples

Today after every shot I will react with a happy or neutral state.

On every shot I will make a clear decision and have the guts to go through with the decision.

I will keep my eyes at horizon or above during the entire round.

I will stay in my finish position an extra 5 seconds and be aware of my balance.

I will have my best friend's voice in my head as I talk to myself during the round.

I will do my pre shot routine on every shot for all 18 holes.

I will aim the clubface and then align my body on every shot.

I will take an extra deep breath in my pre shot routine.

I will say "fairways and greens" anytime I have a negative voice.

I will hum or sing during every swing.

Once I have taken my grip in the think box, I will keep my hand pressure constant.

I commit to only swinging 70% of my tempo on all full shots today.

I will commit to only one look at the hole after I have addresses the putt. The look is only to connect with the distance to the hole.

I will state every shot decision out loud.